

**'AS HIGH TUNSTALL LEARNERS WE
INSPIRE ONE ANOTHER BY GETTING
INVOLVED, BEING IMAGINATIVE AND
ENJOYING CHALLENGES**

**AS HIGH TUNSTALL LEARNERS WE
SUPPORT ONE ANOTHER BY SHOWING
RESPECT, BEING POSITIVE AND
HAVING PRIDE IN OUR COMMUNITY**

**TOGETHER, AS HIGH TUNSTALL
LEARNERS WE CAN ACHIEVE**

**THE HIGH TUNSTALL LEARNER – EMBRACE
EVERY OPPORTUNITY'**



CONTACT US

For more Information please contact us at:

High Tunstall College of Science

Elwick Road

Hartlepool

TS26 0LQ

Tel: 01426 261446

E-mail: htadmin@hightunstall.hartlepool.sch.uk

Website: HTCS.org.uk



The High Tunstall guide to ...

**GOOD
HEALTH**

WHY IS GOOD HEALTH IMPORTANT?



It is important to remember our physical health as well as our mental health as one affects the other. Physical health can be affected by sleeping patterns, allergies, illness and so on.

It is important to engage in a healthy lifestyle physically to support a healthy lifestyle mentally. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...



WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

For more information please speak to your tutor, Year Leader of SSO. They can then refer you on the right route to wellness.

METHODS OF SUPPORT

HELPFUL WEBSITES

LIVE WELL (NHS) – Visit <https://www.nhs.uk/livewell/> to get up to date Advice, tips and tools to help you make the best choices about your health and wellbeing in a number of different health-related areas.



Young Minds: Information on child and adolescent mental health. Services, including useful help, guidance and support on Depression. www.youngminds.org.uk



HELPFUL APPS

NHS Go: The NHS Go app provides young people with confidential health advice and greater access to health information. You can find local services in some areas and learn about health and your rights as a user of the NHS.



Fabulous: Self Care: Build healthy habits with Fabulous so you can enjoy a healthier, happier life. The app takes a holistic approach that motivates you to be more productive. You'll maximize energy levels, find more focus, lose weight, and sleep better – just follow the app's prompts.



TUNNY TOP TIPS

Physical

- Get active
- Manage your weight
- Eat more fibre
- Cut down on saturated fat
- Get your 5 A Day
- Cut down on salt
- Read the food label

Mental

- Connect with other people – do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people
- Learn new skills
- Give to others
- Pay attention to the present moment